Monja

Barranco de la Monja,Las Lajas

Info: The quality of this description has not been checked yet or was rated bad.
If you know this canyon, please check this description and file a report with a rating for this description using *Reports -> +New Report.* Should you notice any error, please let us know or join the community in order to fix this description yourself.

Create: 2023-11-20 21:13:36	**Update:** 2026-03-31 10:45:21	**Print:** 2026-10-31 01:10:34
Country: España / Spain **Region:** Canarias / Canary Islands **Subregion:** Santa Cruz de Tenerife **Town:** Buenavista del Norte		
Difficulty: extreme difficult	**Grading:** v7 a5 V	**Total time:** 5h25
Approachtime: 25min	**Tourtime:** 5h	**Returntime:** 0min
Altitude entry: 515m	**Altitude exit:** 0m	**Delta Altitude:** 515m
Canyon length: 850m	**Highest rapell:** 300m	**Amount rapells:**
Transport:	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:**	**Best Time:**
Rating: ☆ 2.6 (1)	**Info:** ★ 0 ()	**Belay:** ★ 0 ()

Specialities:

Gear:

Summary: (machine translated)
It is the most extreme canyon in Tenerife.

Hydrology:

Access: (machine translated)
In Teno Alto, turn right onto the first dirt road to reach the small road to La Mulata, then turn left and park a little further on near a cattle farm (cows). About 2 km from the crossroads in Teno.

Approach: (machine translated)
From the corral, follow the dirt road to the right and then turn left into a fork. Then walk on sight through the hills until you reach the beginning of the canyon.

Tour: (machine translated)
It is the most extreme canyon on Tenerife. The beginning is very varied, with moderately difficult rappels and beautiful rock formations. The end is a 300 meter high waterfall with an intermediate ledge.
There are 14 rappels in total. The large waterfall is divided into 6 parts: 46 m + 50 m + 60 m + 16 m and after the large ledge 40 m + 82 m.
At the first rappel of the large waterfall step you have to swing 6 meters, orographic left, at the next rappel you have to swing 3 meters to the right.

- Very technical canyon. Strong friction on the ropes.
- Pay particular attention to the swell: the sea must be very calm so that you can swim to the boat. Find out about the sea conditions and consult with the boat driver.
- Beware of strong winds during the last rappel, risk of the ropes becoming entangled.
- Inform yourself thoroughly about the regulations of the Teno Park

Return: (machine translated)
There is no land route for the return journey. It is essential that you are picked up by boat: You must therefore book a boat first.
There are three different options for the way back: Punta de Teno, Buenavista del Norte or Puerto de los Gigantes. A5 for the distance you have to swim in the sea to the boat. A1 for the canyon.

Coordinates:
Canyon Start 28.3606 -16.8869
Canyon End 28.3648 -16.8872
Parking at Entry 28.3530 -16.8867

Reports:

2024-06-16 | System User | |🕮 |⚓ | |
Información: Partes de la descripción del cañón se han importado automáticamente. Concretamente, los campos Ruta GPS, Topografía de https://www.docuwiki.infobarrancos.es/doku.php?id=barrancos:canarias:monja

---

2023-03-09 | System User | ☆ ☆ |🕮 |⚓ | |
Daten importiert von https://www.descente-canyon.com/canyoning/canyon/24116/Monja.html